

BACKYARD GARDEN GREAT AID IN HELPING DEFLATED BUDGET FOR FAMILY'S FOOD IN SUMMER

This summer, if predictions come true, there will be more gardens in back yards and city lots than in any year since the World war. By a vegetable garden, however small, the family hard hit by unemployment can often eke out the necessary food supply. Many localities have planted "subsistence gardens," planned to provide jobs for men out of work, as well as food for their families. Thousands of acres of idle land, it is said, lie in vacant lots within the boundaries of our large cities. In smaller cities and towns there are more backyards and probably better soil than in the large cities. Owners and tenants have been planting many of those spaces to grow food they can not afford to buy, and for the same reason community gardens are developing in many cities.

SAVES MONEY

It is easy to see, says the Bureau of Home Economics of the U. S. Department of Agriculture, that by raising some vegetables people can provide a part of their food supply which they may not have the money to buy. In one group of well-cultivated community gardens some years ago, the average return from a tenth of an acre of land was about \$50 worth of vegetables, on the basis of present prices. This represents 100 hours of work, 4 hours per week—which was all the time that the garden needed throughout the season.

There is another advantage in having a backyard garden. When the housewife must buy everything for the table, in a home where the funds are short, there is often a serious lack of minerals and vitamins in the family diet. This is true because vegetables and fruits which are rich in minerals and vitamins, are among the more expensive kinds of food.

The backyard garden will provide, at very little cost, the foods—the vegetables, at least—which not only improve the flavor and variety of the daily meals, but also furnish the minerals and vitamins necessary for a balanced diet.

MEALS ARE ATTRACTIVE

The garden also makes possible much more attractive meals. Fresh peas, snap beans, greens, young carrots, young beets, spring onions, tomatoes, okra, lettuce, radishes, and possibly sweet corn—these, "out of our own garden," would be luxuries to most city families at any time. Measuring by the low-cost weekly food supply suggested by the bureau for a family of five, garden vegetables, with plenty of milk, will partly take the place of some of the other foods suggested. The quantity of bread and cereals, especially, can be reduced where vegetables are plentiful.

The menus possible with a garden give more convincing evidence of the advantages of growing some of the family food. With potatoes still a dinner standby (nothing quite takes the place of potatoes), the garden can furnish fresh green peas, young lettuce, and crisp radishes instead of only the roots or stored foods that are depended upon in winter. For supper the garden will furnish spring onions, and rhubarb for a pie. This week's menu is made from the weekly food supply made possible by a garden.

- Breakfast**
Cooked Cereal Toast
Coffee (adults) Milk (children)
- Dinner**
Braised Liver
Mashed Potatoes and Gravy
Savory Cooked Lettuce Radishes
Bread and Butter
Milk for children
- Supper**
Spring Onions on toast with cream sauce
Toast and Butter
Rhubarb Pie
Milk for all

- RECIPES**
- Savory Cooked Lettuce**
6 slices bacon
3 quarts shredded lettuce
2 tablespoons vinegar
salt
onion juice
Cook the bacon in a heavy skillet until brown and crisp and remove it from the fat. Add the shredded lettuce to the hot fat and stir until it wilts. Add the vinegar and bacon broken in small pieces, salt if needed, and onion juice if desired. Serve at once.
- Panned Kale**
Strip the kale from the midribs, and discard them and the stringy portions. Wash the kale thoroughly in several waters, drain, and cut it into small pieces. For each quart of kale allow 2 tablespoons of butter or other fat. Melt the fat in a skillet, add the kale, cover to keep in the steam, and cook slowly for 15 to 20 minutes. Sift a teaspoon of flour over the kale, mix well, pour in one-half cup of milk, and stir until thickened. Season with salt and pepper and serve at once.
- Rhubarb Pie**
4 cups raw, sliced, unskinned rhubarb
1 tablespoon water
2 tablespoons cornstarch
1 cup sugar
1/2 teaspoon salt
2 tablespoons butter
pastry
Simmer the rhubarb and water for a few minutes and drain. When the juice has cooled add the cornstarch, which has been mixed with the sugar and salt, and cook until thickened. Add the rhubarb and butter and mix thoroughly. Pour the hot fruit mixture into a baked pastry shell, add the top sheet of dough and bake in a moderately hot oven (375 deg. to 400 deg. F.) for 25 to 30 minutes, or until golden brown.

MRS. DILLON BETTER
Mrs. A. M. Dillon, pioneer Las Vegas resident, who has been ill at her home for some time, is rapidly recuperating, according to her attending physician.

MYSTERY FILM AT PALACE TO START

Jammed to the hilt with the zooming aerial adventures of a heroic mail pilot and filled with blood-tingling action and breathless romance from start to finish, "The Airmail Mystery" at the Palace theater in the first of its twelve chapters, the most exciting serial ever produced by Universal.

James Flavin, the former West Point athlete and sensational picture star, is co-featured with beautiful Lucile Brown in this story of an intrepid aviator of Uncle Sam's mail service, who is snared by aerial bandits in a mad struggle for possession of millions of dollars in gold.

An added attraction will be Harry Carey in "Cavalier of the West." This picture was taken in northern Nevada.

NEW FORD FOURS ARRIVE IN CITY

A. C. Grant, local Ford dealer, has several models of the new four-cylinder car, on display in his showrooms on South Fourth street. This is the first consignment of the new fours to come into southern Nevada.

PERMIT GIVEN NEW GARAGE

The first building permit of the current month was issued yesterday to Ethel Genthner, calling for the erection of a building costing \$8,700 to house the Cashman garage.

Construction work is expected to start the first of the week. The property is situated on North Main street, near the Overland hotel.

CEMETERY TO GET NEW WELL

The Board of City Commissioners met in the city clerk's office yesterday afternoon. All members were present. Two slot machine licenses were granted to P. H. Bihlmaier. An allowance of one per cent was made on the contract of Webster L. Beahm, sewer engineer.

A permit to stage the Legion convention fireworks display, scheduled for the night of June 10, was granted to Mr. Taylor, representing the local Legion post.

Members of the cemetery board

LOCAL FOLK WED IN ST. GEORGE

Friends of J. O. Jensen and Electa Davis were surprised to learn of their marriage in St. George, Utah, on May 9. Miss Davis and Jensen slipped away to the Utah city, accompanied by Mr. and Mrs. W. M. Corner. They have returned to this city where they will make their home.

asked for permission to drill a new well on the cemetery property. This request was granted and bids for the work were advertised.

The next meeting of the city commissioners will be held Monday, May 16.

CHECK CASE IN U. S. COURT

District Attorney Harley A. Harman announced yesterday that the bad check charge filed against R. A. Ashman in the district court early this week, had been transferred to the federal court.

Glen E. Bodell, chief of police in Boulder City, signed the complaint. A hearing will be given the defendant before U. S. Commissioner W. J. Flowers in a day or two.

Ashman, a former employe of the Six Companies, is alleged to have cashed a \$300 check in a Las Vegas filling station that was worthless.

SILVER STATE MARKET

5TH AND FREMONT
WHERE MOST PEOPLE TRADE

MEAT DEPARTMENT

- BABY BEEF POT ROAST 1 1/2¢
- PORK ROAST 8 1/2¢
- LEG OF BABY LAMB 22¢
- LAMB STEW 07¢
- PURE PORK SAUSAGE 15¢

We Have a Full Line of Cold Meats, Pickles, Relishes, Cottage Cheese and Cream Cheese Is Very Delicious These Warm Days.

VEGETABLE DEPARTMENT

- BANANAS, Golden Yellow 25¢
- CABBAGE, SOLID, NEW 3¢
- POTATOES, New White Rose 25¢
- LEMONS, Thin Skinned, JJuicy 10¢
- TOMATOES, FIRM, RIPE 25¢
- POTATOES, NO. 1 RUSSETTS 12¢
- RHUBARB, GIANT CHERRY 15¢
- LETTUCE, SOLID, ICED 5¢

WARD'S CASH & CARRY No. 2

SPECIALS FOR SATURDAY ONLY
SAME PRICE AT NO. 1 AND NO. 3 STORE

- FLOUR, Highest Patent \$1.08
- SALAD DRESSING, Kraft's 27¢
- SOAP CHIPS, Quick Arrow 19¢
- TISSUE, 1000 Sheet, Best Grade 21¢
- MALT, Budweiser, 3-Lb. Cans 97¢
- BROOMS, Compo 38¢
- SUGAR, PURE CANE 45¢
- FIG BARS, CHOICE 19¢
- BEAN HOLE BEANS 19¢
- 1 MED. WHITE KING POWDER, 2 CILLA LILY SOAP, 1 MIXING BOWL—All For 51¢
- S & W SPECIALS AT NO. 2 STORE ONLY
- S & W SALAD VEGETABLES, No. 2 Cans, Each 29¢
- S & W TOMATO JUICE 2 No. 2 Cans 25¢
- S & W TELEPHONE PEAS, No. 2 Cans, Each 20¢
- S & W SAUERKRAUT 2 No. 2 Cans 25¢
- MILK, BANNER, Tall Cans 5¢

LOOSE-WILES
REPRESENTATIVE
WILL DEMONSTRATE TODAY
FANCY COOKIES & CRACKERS
AT ATTRACTIVE PRICES

TOWER Markets

123 South Fifth St. 431 South Main St.

Where Your Dollars Have More Cents
Saturday and Monday Specials

- Ben Hur Coffee 30¢
- 30c Package Free With Every 30c 1-4 Pound Package Purchased
- Butter, Delta Valley 23¢
- White King 34¢
- Salmon, Pink, tall cans 27¢
- Fly Tox 45¢
- FLY SWATTER FREE WITH EACH BOTTLE

- Rainier Brew \$1.75
- Gingerale, MONTEREY \$1.19
- Shrimps, dry pack 38¢
- Milk, Lucerne, tall cans 24¢
- Peanut Butter 25¢
- Mayonnaise 48¢

- Tomato Juice, Iris 25¢
- White King Soap 26¢
- Sugar, Cloth Bags 43¢

- FRUIT AND VEGETABLE SPECIALS FOR SATURDAY ONLY
- Bananas, Fancy Ripe 35¢
 - Oranges, for juice 25¢
 - Grapefruit, Sweet, Seedless, 12 For 25¢
 - Yams 25¢
 - Tomatoes, Home Grown Imperial, 2 Pounds 25¢
 - Onions, New Silver Skin 25¢
 - New Potatoes 25¢
 - Potatoes, Russett, U S No. 1, Sack 85¢
 - 10 Pounds 11c
 - FRESH Strawberries, Raspberries, Cherries, Apricots and Cantaloupes now in season at reasonable prices.
- We Reserve The Right To Limit Quantities

OPENS TONIGHT

5 Red Hot Pieces Led by Gordon Jacobs
(Formerly at the Deauville at Reno)

TONIGHT'S THE NIGHT

AT THE

BLACK CAT

GRAND OPENING

FREE DANCING

Have You Any Idle Mining Machinery and Equipment?

Can use same immediately if in good condition. What have you.

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